

# CREATIVE EXERCISE ROUTINES - NO EQUIPMENT REQUIRED

Do as many times thru ONE column as desired, next time choose a different column to perform.

20 BW Squats	20 Jumping Jacks	10 Knee Push-Ups (or Wall)
20 "Jump Rope" Jumps – use Arms	20 Total Arm Raises Alternating FWD and SIDE	10 Straight Leg Raise – Each Leg
10 Punches Each Arm	20 Total Side Lunges	30 Marches or Jog in Place
20 Bird Dog Extensions	15 Crunches, Legs Elevated to 90°	20 Bicycle Crunches Total (Legs Extend, Crunch & Twist)
15 Side Leg Raises	25 High Knees (Jog in Place)	30 Arm Presses Overhead
10 Toe Taps Each Leg	30 Biceps Curls, Total	20 Bob and Punch
20 Shoulder Squeezes – (Hold 10 sec each Rep)	20 Heel Raises, Total	20 Straight Leg Extensions Each Leg
15 Hip Bridges	10 Abdominal Bicycles – Legs Only	10 Abdominal V Twists

# More Creative Exercise - No Equipment Required (Based on Time)

Do as many times thru ONE column as desired, next time choose a different column to perform.

30 Sec Stair Steps

30 Sec Punches/Jabs (Each Arm)

30 Sec Step-Ups (Each Leg)

30 Sec Wall Push-Up

20 Sec Straight Leg Raise (Lay on Floor, Each Leg)

20 Sec Reverse Crunch (Lay on Floor, Legs 90°)

20 Sec Body Weight Squat

30 Sec Hip Bridges

20 Sec Bench Dips

30 Sec Balance Stand (Each Leg)

20 Sec Shoulder Raises to Side

20 Sec Lunges to Side (Alternate Legs)

20 Sec Shoulder Raises Forward

30 Sec Squat and Arm Raise Overhead

30 Sec Bird Dog Extension

20 Sec Plank Hold

30 Sec Crunches

30 Sec Upright Row

3 Min

3 Min 30 Sec

3 Min